



Easy Taco Bake

READY IN



45 min.

SERVINGS



8

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz black beans rinsed drained canned
- 0.5 cup corn chips crushed
- 2 lb ground beef 80% lean (at least)
- 2 cups lettuce shredded
- 3.8 oz olives ripe drained sliced canned
- 13.8 oz pizza dough refrigerated canned
- 16 oz salsa thick (2 cups)
- 4 oz cheddar cheese shredded
- 0.5 cup cream sour

- 1 oz taco seasoning
- 1 cup tomatoes diced (1 medium)

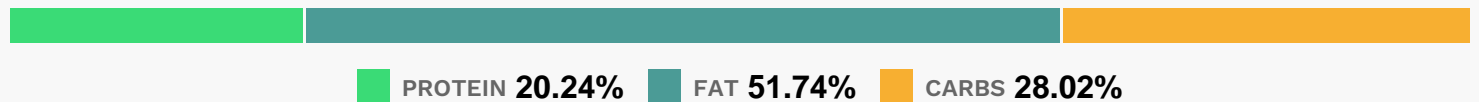
Equipment

- frying pan
- oven
- glass baking pan

Directions

- Heat oven to 400F. In 12-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in salsa and taco seasoning mix. Reduce heat; simmer uncovered 5 minutes.
- Stir beans and olives into beef mixture. Cook until thoroughly heated and bubbly. Spoon into ungreased 13x9-inch (3-quart) glass baking dish. Unroll dough over filling; sprinkle crushed corn chips over top.
- Bake 13 to 17 minutes until light golden brown.
- Sprinkle cheese evenly over chips; let stand 5 minutes to melt cheese.
- Serve with lettuce, tomato and sour cream.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:0.39, Inflammation Score:-7, Nutrition Score:20.077826142311%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 621.15kcal (31.06%), Fat: 36.03g (55.42%), Saturated Fat: 13.82g (86.39%), Carbohydrates: 43.88g (14.63%), Net Carbohydrates: 36.69g (13.34%), Sugar: 7.33g (8.14%), Cholesterol: 103.17mg (34.39%), Sodium: 1629.74mg (70.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.72g (63.43%), Vitamin B12: 2.61µg (43.45%), Zinc: 5.84mg (38.95%), Phosphorus: 349.84mg (34.98%), Selenium: 23.31µg (33.3%), Vitamin B3: 5.99mg (29.95%), Iron: 5.3mg (29.42%), Fiber: 7.19g (28.77%), Vitamin B6: 0.55mg (27.34%), Vitamin A: 1136.73IU (22.73%), Potassium: 728.16mg (20.8%), Vitamin B2: 0.35mg (20.57%), Calcium: 189.32mg (18.93%), Vitamin E: 2.36mg (15.74%), Magnesium: 60.4mg (15.1%), Folate: 55.33µg (13.83%), Manganese: 0.27mg (13.49%), Copper: 0.25mg (12.63%), Vitamin B1: 0.17mg (11.31%), Vitamin K: 11.32µg (10.78%), Vitamin B5: 0.96mg (9.56%), Vitamin C: 7.29mg (8.84%), Vitamin D: 0.2µg (1.32%)